

# PORTO

INTERNATIONAL  
CONFERENCE FOR  
BEST CARE FOR THE  
DYING PERSON  
**NOV 13-15 2024**

PROGRAM

International  
Collaborative  
for Best Care  
for the Dying Person



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## INTERNATIONAL COLLABORATIVE SYMPOSIUM 13TH NOVEMBER | SANTA MARIA HEALTH SCHOOL

The International Collaborative for Best Care for the Dying Person (Chaired by Professor John Ellershaw, University of Liverpool, UK)

**9h00** - Welcome and introduction to the International Collaborative (Professor John Ellershaw, University of Liverpool, UK)

**9h25** - Key achievements: highlights from 2024 (Professor Carl Johan Fürst, Lund University, Sweden)

### **9h40** - Innovations in 2024: updates from Reference Centres

- Norway: Revising the Care Plan - cascading changes sustainably (Grethe Skorpen Iversen RN, Haukeland University Hospital, Norway)
- Argentina: Spreading the Care Plan within general hospitals is challenging beyond the Palliative Care team's responsibilities (Dr. Vilma Tripodoro, Pallium Latinoamerica, Argentina)
- Sweden: Developing a course for leaders responsible for implementing a Care Plan (Anette Duarte RN, Lund University, Sweden)
- Discussion

### **11h00** - Workshops

- Introduction (Professor Carl Johan Fürst, Lund University, Sweden)
- **Workshop 1**
  - What is the 10/40 Model for Best Care for the Dying Person? (Dr. Susie Wilkinson, University of Liverpool, UK)
  - Training and education in the Serious Illness Care Programme (Dr. Stephen Mason, University of Liverpool UK)
  - EAPC White Paper on Care for the Dying (Professor John Ellershaw, University of Liverpool, UK)
  - Revising the Care Plan - cascading changes sustainably (Grethe Skorpen Iversen RN, Haukeland University Hospital, Norway)
  - Spreading the Care Plan within General Hospitals (Dr. Vilma Tripodoro, Pallium Latinoamerica, Argentina)
  - Developing a course for leaders responsible for implementing a Care Plan (Anette Duarte RN, Lund University, Sweden)
- **Workshop 2**
  - Groups rotate
- Feedback and discussion

### **12h30** - Lunch time

### **13h30** - International Research in the Collaborative

- Introduction (Professor Agnes van der Heide, Erasmus University Medical Centre, Netherlands)
- **Pitches on international research**
  - Research on Core Outcome Sets and benchmarking (Professor Carl Johan Fürst, Lund University, Sweden)
  - Research on serious illness communication (Dr. Anna Sandgren, Linnaeus University, Sweden)
  - Research on volunteering in end of life care (Professor John Ellershaw, University of Liverpool, UK)
  - Research on end-of-life decisions (Professor Agnes van der Heide, Erasmus UMC, Netherlands)
  - Research on the 10/40 Model for Best Care for the Dying Person (Dr. Stephen Mason, University of Liverpool, UK)
- Round table discussion 1
- Round table discussion 2
- Summary and feedback
- Concluding remarks and future steps

### **16h00** - The International Collaborative Annual General Meeting

- Welcome and Annual Report Overview (Professor John Ellershaw, University of Liverpool, UK)
- Membership Update (Dr Susie Wilkinson, University of Liverpool, UK)
- Financial Report (Associate Professor Mark Boughey, University of Melbourne, Australia)
- Summer School, Málaga 2025 (Dr. Marisa Martin Rosello, Fundacion Cudeca, Spain)
- 10th Annual Conference, Liverpool 2025 (Professor John Ellershaw, University of Liverpool, UK)



## INTERNATIONAL COLLABORATIVE CONFERENCE 14TH NOVEMBER | SÃO FRANCISCO DE ASSIS AUDITORIUM

Communication and Integration - Improving care for dying people and their families

**9h00** - Welcome and Introduction to The International Collaborative for Best Care for The Dying Person ([Rui Carneiro / John Ellershaw](#))

**9h15** - Communication - Serious illness conversation

- Serious Illness Conversation: what it is? ([Carl Johan Fürst, Lund University, Sweden](#))
- Serious Illness Conversation: how to adjust to your reality? And in Portugal? ([Barbara Antunes](#))
- Oral Presentation of selected abstracts

**11h00** - Suffering: Is it a treatable trait?

- Lessons from iLIVE: Live well; Die well cohort study ([Agnes van der Heide, Erasmus MC, Netherlands](#))
- Investigating Suffering: what science has to do with it? ([Harvey Chochinov, University of Manitoba, Canada](#))

**12h30** - Lunch time

**13h30** - Hot topic: Dying from cancer and non-cancer disease - is it different?

- Highly specific signs of imminent death ([Catarina Simões, Escola Superior de Saúde de Santa Maria, Portugal](#))
- Can we actually diagnose dying? ([Séamus Coyle, University of Liverpool, UK](#))
- Oral Presentation of selected abstracts

**14h00** - Integration: Can end of life care be mainstream?

- Public Engagement in EoL: views from iLIVE ([Marisa Martín-Roselló, Cudeca Hospice, Spain](#))
- Integration of technology in the relief of suffering ([José Luís Pereira, Universidad de Navarra, Spain](#))
- Quality of care of the dying in modern Internal Medicine wards in Portugal ([Rui Carneiro, Hospital da Luz- Arrábida, Portugal](#))
- Oral Presentation of selected abstracts

**16h00** - Hot topic: Medication issues in last days of life

- Pharmacologic approach to care in last days: from evidence to consensus ([Patricia Santos, Palliative Community Care Support Team of Almada - Seixal, Portugal](#))
- Pharmacologic approach to care in last days: focusing on the patient ([Eric Geijteman, Erasmus MC, Netherlands](#))
- Oral Presentation of selected abstracts

**16h30** - The collaborative: Looking to the future ([Prof. John Ellershaw](#))

- Reflection of the day / Prizes / End of the day

## WORKSHOPS

### 15TH NOVEMBER | SANTA MARIA HEALTH SCHOOL

In Communication:

- Communication about Serious Illness - English ([Carl Johan Fürst](#))

**Time:** 14H00 - 16H00

**Number of participants:** max 20

**Participant background:** Clinicians with different training and background and with experience of communication with seriously ill patients and families.

**Workshop leader:** Carl Johan Fürst, MD, PhD, Senior professor of palliative medicine, Lund University, Lund, Sweden

In the workshop we will discuss different types of crucial and sometimes challenging communications. The workshop will have a focus on the transition from a disease situation with hope for cure to a perspective of limited prognosis and the approaching death. We will explore the ability of the clinician to express compassion and stay in relation and dialogue with the patient. Useful communication strategies will be presented and there will plenty of room for interaction and demonstration of serious illness conversations.

## WORKSHOPS

### 15TH NOVEMBER | SANTA MARIA HEALTH SCHOOL

#### In Integration:

- Integration and fostering Hope in the care of the seriously ill: tools and strategies for everyday clinical work ([Ana Querido](#))

**Time:** 09h00 - 11H00

**Number of participants:** max 30

**Participant background:** Health Professionals

**Workshop leader:** Ana Querido, Portugal

Join us for an enlightening and transformative workshop specially designed for palliative care professionals. This workshop will equip you with the essential skills and strategies to seamlessly integrate hope into your daily practice, ensuring your patients receive the most compassionate and holistic care possible. Through a combination of theoretical approaches, interactive discussions, and practical exercises, you'll gain helpful insights into the experiential, psychological, emotional, and spiritual dimensions of hope, and learn how to cultivate a hopeful environment for both patients and their families.

You will discover innovative approaches to communication that foster a hopeful mindset, explore evidence-based techniques in developing difficult conversations to address the unique challenges of the dying person, and learn how to develop personalized care plans that emphasize hope and resilience at the end of life.

This workshop is not only an opportunity to enhance your professional skills but also a chance to connect with your own hope and with like-minded colleagues, share experiences, and support each other in this novel approach to the seriously ill person.

Don't miss this chance to advance your practice and make a profound difference in the lives of your patients. By attending, you will leave with a toolkit of practical strategies that can be immediately implemented in your clinical work, helping you to build stronger patient relationships and improve care outcomes. Whether you are a seasoned practitioner or new to the field, this workshop will empower you to bring hope and healing into every aspect of your palliative care practice. Register today to transform your approach to caring for the seriously ill and make a profound difference in your patients' lives and legacies.

## WORKSHOPS

### 15TH NOVEMBER | SANTA MARIA HEALTH SCHOOL

#### In Integration

- Investigation in end of life: methodological and ethical challenges and pitfalls ([Bárbara Antunes](#))

**Time:** 11H00 - 13H00

**Number of participants:** max 30

**Participant background:** Health Professionals

**Workshop leader:** Bárbara Antunes, Portugal

In this workshop we will consider ethical and methodological challenges when conducting research at the end of life. We will look at the main declarations which secure ethics in human research and discuss their vital importance and current updates.

We will look at the Gatekeeping phenomenon, which continues to exist, as healthcare providers are often protective and will limit researchers' access to patients.

With good intentions, but often disrespecting patients' autonomy, we will discuss strategies to minimise this, such as involving stakeholders in all parts of the research project, which also helps to maximize a project's implementation and sustainability after the end of the research.

We will discuss specificities of recruitment of participants and response rates in this vulnerable population. We will reflect on the importance of engaging in research about end-of-life care and why it requires flexibility, sensitivity and adjustment to the organizational and legislative-judicial contexts.

We will discuss how end-of-life research can be emotionally challenging for researchers and clinicians, and why adequate training and emotional support is important.



## GETTING TO PORTO

### From Europe

Porto is well-connected to major cities in Europe through its international airport, **Francisco Sá Carneiro Airport (OPO)**, which serves numerous airlines offering direct flights.

Upon arrival at Francisco Sá Carneiro Airport, visitors can reach Porto city center and **Santa Maria Health School** conveniently via **taxi, metro or bus**.

### From Other Continents

Travelers from outside Europe can reach Porto via connecting flights to **Francisco Sá Carneiro Airport (OPO)** or other major European hubs such as **Lisbon Portela Airport (LIS)** or **Madrid-Barajas Adolfo Suárez Airport (MAD)**.

Once in Europe, visitors can proceed to Porto by taking a connecting flight or utilizing train or bus services, depending on their preferences and travel arrangements.

## WHERE TO STAY

### Hotels

**Hotel Cristal** - Book through this link - <https://www.hoteiscristal.pt/cristalporto/en/>

Information: It is the closest hotel to Santa Maria Health School.

**Porto City Hotel** - Book through this link - <https://portocityhotel.com/>

**Renaissance Porto Lapa Hotel** - Book through this link - <https://www.marriott.com/en-us/hotels/opobr-renaissance-porto-lapa-hotel/overview/>

**Hotel Jaguar** - Book through this link - <https://hoteljaguar.eu/dvti/slideSite/>

**All Accor Porto Hotels** - [search for more amazing hotels in the City of Porto](#)

## LOCATIONS

### WHERE YOU CAN FIND US

**Santa Maria Health School** - [Google Maps](#)

**São Francisco de Assis Auditorium** - [Google Maps](#)

## FEES AND PRICES

	Full Collaborative Members	Non-Collaborative Members
13-14 Nov	175€	225€
14 Nov*	150€	200€
14 Nov**	100€	150€
WS***	100€	150€

\*In person and lunch included / \*\*Online / \*\*\*Limited places



## Organizing Committee

António Carneiro, Internal Medicine, Intensive Medicine, Hospital da Luz Arrábida - Portugal; Bioethics Study Group - Portuguese Internal Medicine Society

Catarina Simões, Nurse Specialist in Community and Medical-Surgical Care; Escola Superior de Saúde de Santa Maria - Portugal, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Daniel Cunha, Nurse Specialist in Medical-Surgical Care; Escola Superior de Saúde de Santa Maria - Portugal

Rui Carneiro, Internal Medicine, Palliative Medicine, Hospital da Luz Arrábida; Bioethics Study Group - Portuguese Internal Medicine Society

## Scientific Committee

John Ellershaw, Professor of Palliative Medicine, University of Liverpool, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Susie Wilkinson, Palliative Care Unit Liverpool University, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Paal Piret, Anthropologist, Paracelsus Medical University Salzburg · Palliative Care Research Institute, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Agnes van der Heide, Public Health, Erasmus MC - Netherlands, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Marisa Martín-Roselló, Geriatrics, Palliative Care, Fundación Cudeca - Spain, EAPC Task Force for the Dying/ International Collaborative for the Best Care for the Dying Person

Edna Gonçalves, Oncology, Internal Medicine, Palliative Medicine, Centro Hospitalar de S. João, Porto - Portugal

Teresa Sarmento, Oncology, Centro Hospitalar de Trás-os-Montes e Alto Douro - Portugal

Helena Beça, Family Physician, Palliative Care, Palliative Care Community Support Team, Vila Nova de Gaia - Portugal



## Information and Registration

Get all the information about the **International Collaborative for Best Care for the Dying Person** and registration on the **Annual Conference** on this QR CODE or in the following website: <https://www.bestcareforthedying.org/annual-conference>

